

Hope for Life – Keeping Hope Alive

All forward progress in your life comes from _____
which comes from _____.

Seven habits to raise your hope levels.

Galatians 6 v 7 CEV – You will harvest what you plant.

1. Recharge your _____

Luke 5 v 15-16 NLT - despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. ¹⁶ But Jesus often withdrew to the wilderness for prayer. refuge for us." **Psalm. 62:8 (NCV)**

2. Remind yourself of what _____

Romans 15 v 4 NLT - And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled.

3. Raise your _____

Jesus in **Matthew 19 v 26 NLT** - With God everything is possible.

Jesus in John 14 v 13-14 NLT - You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. ¹⁴ Yes, ask me for anything in my name, and I will do it!

4. Refocus on the _____

Philippians 3 v 13 NLT - I focus on this one thing: Forgetting the past and looking forward to what lies ahead

Jesus in **Matthew 16 v 18 NLT** - Now I say to you that you are Peter (which means 'rock'), and upon this rock I will build my church.

A question to ask that can change the rest of your life:

5. Play to your _____

Romans 12 v 6 NLT - In his grace, God has given us different gifts for doing certain things well.

6. Refuse to go it _____

Ecclesiastes 4 v 9-10, 12 NLT - Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble..... ¹² A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

7. Play great _____

Ephesians 6 v 10-11 NLT - A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armour so that you will be able to stand firm against all strategies of the devil.

Respond to bad news in _____

Shake it off (don't buy _____ and step into truth
(the _____)

Conclusion – unleash hope in your _____, in your
_____, in our _____, in
our _____, and in the _____

My commitment: